

Boise County Health Coalition Meeting Agenda

Wednesday, October 4th 2023

10:00am – 11:00am

Idaho City School Conference Room

OR

Virtual Teams Meeting; See link below



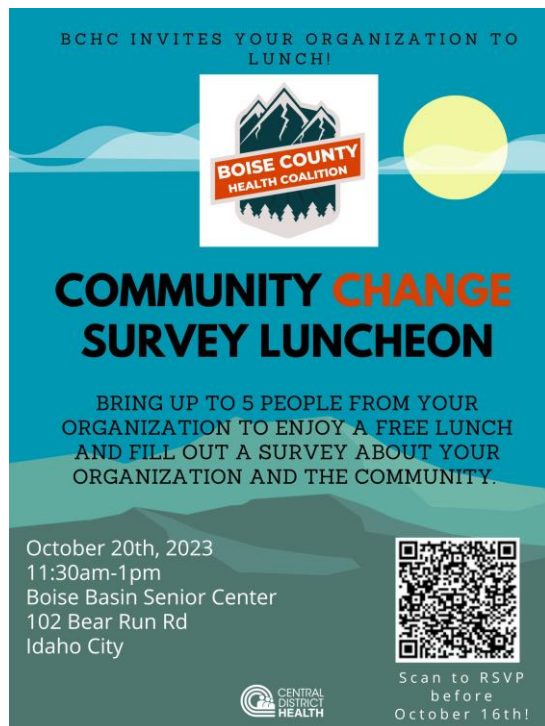
Welcome & Introductions

Attendees: Amanda Leader, Heather Allan, Brian Hunicke, Sierra Kistler, Mindy Curran

CHANGE Tool Luncheon Update- HSB and Idaho City

The CHANGE survey luncheon for the Garden Valley and Horseshoe Bend communities happened on October 6th, and was a success! We had 8 organizations agree to fill out the survey.

The Idaho City community luncheon is happening on October 20th from 11:30am-1pm at the Basin Senior Center. Amanda has laminated and posted the flyers for the luncheon and sent the invite out to the steering committee. Thus far one organization has signed up for it, so please continue to share this opportunity in the Idaho City community and invite organizations to come fill out a survey and eat lunch with us! RSVPs have been extended to Monday October 16th!



Organizations can also use this link to RSVP: <https://forms.office.com/r/e3ZEgQZa4G>

CHANGE Surveys are due Nov 1st, and in the next upcoming coalition meetings we will discuss the results and what the focus will be for putting together action plans for each of the communities.

Idaho City Days Update

The weekend of Idaho City days was very rainy and therefore attendance wasn't the best. Representatives from Parents as Teachers and WIC attended on behalf of the coalition on Saturday, and Mindy with the coalition attended on Sunday. It is estimated we interacted with at least 20 individuals on Sunday, although I believe many of them were local, which is a win!

CDH Suicide Prevention Trainings Overview

Sierra came to the coalition meeting to discuss the suicide prevention training options that we can offer through CDH. Please see the following descriptions of the different trainings below and contact Sierra to schedule future training opportunities (skistler@cdh.idaho.gov)

1. LivingWorks Start – this is a self-paced 60–90-minute online course that provides a brief introduction to suicide prevention. For this training option I simply need an individual's name and email address and I can register them on my end. Once registered participants have 60 days to complete the training.
2. LivingWorks Faith – Specific to Christian faith leaders this 5–6-hour self-paced online course teaches faith leaders to identify suicide warning signs and pastor to those experiencing thoughts of suicide. The course also covers providing pastoral care after a suicide has occurred.
3. QPR – QPR stands for Question, Persuade, Refer and is a 60–90-minute introductory course taught in person, or virtual but my preference is in person, by me! QPR covers common suicide myths/facts, how to directly ask someone if they are considering taking their life, how to persuade them to seek help, and how to refer someone to help. I can teach this at my office or come to you and am happy to work with you regarding scheduling.
4. Youth Mental Health First Aid – This is an 8-hour blended course (2 hours in person and 6 in a classroom with me) This is a much more in-depth training **specific to adults who work with youth**. It covers a wide range of mental health issues facing youth and provides a 5-step action plan for helping a youth who is in crisis.
5. Adult Mental Health First Aid - This is an 8-hour blended course (2 hours in person and 6 in a classroom with me) This is a much more in-depth training **specific to adults who interact with other adults**. It covers a wide range of mental health issues facing adults and provides a 5-step action plan for helping adults in crisis.
6. Adolescent Mental Health 101 – This 1-hour class is designed for parents/caregivers and school staff who regularly interact with young people. The class covers adolescent brain development as it relates to mental health, how to communicate with young people, fostering resilience in youth, and more.

Sierra can also provide 988 buttons, sticker, bookmarks, etc., to any organizations who would like them. There was an idea to put the bookmarks in the books at the laundromat in Idaho City.

Roundtable: Upcoming Events, Announcements, Needs and Ideas

Heather: Save My Family events are 2 hour, parent-focused presentations to provide parents with the tools, insights, and resources to better enable them to understand the major forces that are impacting kids' psychological, emotional, and physical well-being.

The panel of experts includes: Officer Gomez, Former FBI Agent Hart, pediatric neurologist, Dr. Condie and event coordinator Kelli Rich. They'll discuss social media, drugs, addiction, and other issues parents need to know about how to keep kids safe.

Presentations are geared towards parents of 4th -8th graders, however, all parents are invited. The presentations can be done in assembly format, during PTA meetings, Parent Nights, etc.

Please contact Heather to schedule an event in your community (hallan@cdh.idaho.gov)

Sierra: CDH is offering FREE brief health screenings. Screenings consist of a single finger poke to run a full lipid panel (Total Cholesterol, LDL, HDL, Triglycerides, and Blood Glucose) and an A1C test. Screenings take approximately 20 minutes and participants will leave with a copy of their results. Sierra can come do health screenings for staff of any organization! It was discussed for her to come in on an in-service day, or during a PTA meeting at the school. Please contact Sierra if you would like to schedule a day and time for her to come in and do health screenings for your staff or community members (skistler@cdh.idaho.gov, or (208)559-0279).